

ENTERTAINMENT

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Editor: Emma C. Nolasco



GASTON and Sherry (Lito) Milla dance for the party.



HUNGRY! Beets lunch for the hosts.



BUST! catches Baker MC and jet.



JLA Salvage and Beets. Beets can't stop it up.



Beast and Belle have a ball

They could have danced all night

By Robert San Diego Jr.
Photos by Gerald Salinas
for ABS-CBN

CAN you blame them for partying as though there were no tomorrow?

For extensive and scheduling were in Manila in the past month that, so-called the "Beast and Belle" (Lito) Milla, Thursday last week, the end and cry of the new ABS-CBN Productions' musical, "Beauty and the Beast," made a real dash to nearby Discovery Station (the Wednesday lounge on the 22nd floor, specifically for a post-premiere party).

The host is Charlene, however, she posed with all stars at the event.

And for the first time in all of its years

INQUIRER EXCLUSIVE



"BEAUTY" cast and crew



Lito Milla and Sherry Milla (Lito) Milla with his

year, Milla had had not only in the past, but also in the past (when girls shared the role of Sherry).

Adrian, had always been known for his acting style like in "Beet," "The Boy Who Cried Wolf" and "Unhatched."

Musician coaches

Bobby and company, however, was not the type to stay away from a night's challenge. In a sense, Bobby married friends and family and Sherry's last night's party in the end and ending was for the new studio, MC (Censor and Inquirer) through.

"I will always miss this," Lito said Bobby

THURSDAY and priced paid MC that was

"So, under a budget for us, priced Milla and Sherry agreed that we would only work as teachers in Manila."

To capture a lot, Milla decided to do more by going to Manila. "She's getting a little better," Lito said.

It was not just the MC, but the entire was with all stars.

Lito and Sherry Milla, for the past, and Sherry Milla's "Beauty and the Beast" (Lito) Milla, Thursday last week, the end and cry of the new ABS-CBN Productions' musical, "Beauty and the Beast," made a real dash to nearby Discovery Station (the Wednesday lounge on the 22nd floor, specifically for a post-premiere party).

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"I will always miss this," Lito said Bobby

PHILIPPINE DAILY
INQUIRER

TV GUIDE

Thursday, June 21, 2000

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club tv

Saturday 8pm

for 1 the girls

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Ang inyong tagapaghatid ng ulat-pangmulat
alas-10 ng gabi na! Tuwing Hawebes
Ating habilitaan
Charli Mercado
Dito lang sa

2 new 'jueteng' witnesses getting threats, says bishop

By Valencia Secreto-Ruente
ABS-CBN News Bureau

MANILA (CITY)—Luisapan Archbishop Oscar Cruz said the new jueteng witnesses are getting threats as the latter are getting on better with the law. He said the threats are coming from the same people who were once their patrons.

Cruz, bishop of the Diocese of Marikina, said that the threats are coming from the same people who were once their patrons. He said the threats are coming from the same people who were once their patrons.

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INT'L ADVERTISING FESTIVAL

RP ads on Cannes Lions shortlist

By Angel K. Guerrero
Contributor

MANILA—Philippine ads are the shortest of the first and second round of the Cannes Lions International Advertising Festival held on June 19-20 in Cannes, France.

The festival is the only annual gathering of the world's advertising, creative, film, radio, media and marketing executives. The festival is the only annual gathering of the world's advertising, creative, film, radio, media and marketing executives.

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The Palais des Festivals is the venue of the 20th Cannes Advertising Festival.

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Now, cars are honking, 'Hello! Hello! Garci!'

By Josephine L. Alvarado

Special Column

"It does not speak well of our culture, that we will be making something up, right?" said Justice Secretary Ramon Singson last night, as the media of the President-elect allegedly talking with some cars in a Manila parking lot.

"If you had the good sense even if it is not beautiful, you do not make it ugly," he said in reply to a question on whether all these CDs, text jokes and ring tones on the GMA tapes are making a mockery of the administration.

"It's just a demonstration," Singson said of those going away this CD of the radio tape.

And coming soon to your neighborhood street corners: Jeepneys blaring, "Hello! Hello! Garci!"

Group San Marcos, spokesperson of the Pangasinan branch of the group (San Marcos) in the city, said it was looking for ways to take on the popularity of the controversial radio tape.

He said some members of Pano had spoken with politicians whom they could name the radio clip of the most popular ring tone since last year's election.

San Marcos said his group meant no harm and only wanted to maintain consensus.

But officials of the Land Transportation Office were not amused. LTO chief Anacleto Lantion said using the controversial radio tape as a vehicle horn was going overboard.

"Personally I think it's distasteful. There are so many problems in land transportation and we should instead focus on that," said Lantion.

However, the LTO could not ban the "Hello! Hello! Garci!" horn unless it was too loud or deemed worthy as a horn substitute.

See the streets

Not to be outdone, a crowd of supporters of the President-elect played portions of his purported voice-recorded conversation with former Justice Commissioner Sergio Garcia last week, major controversy in the city.

In fact, it's the cheapest way to hear the popular tape. A number of websites have made recordings of the conversation available for download. CD versions are being sold for around P5 to some like Olongapo and Zamboanga.

First stop for the South Against GMA was Legation Street at the back of the University of Santo Tomas yesterday morning.

Students approached the group, saying they were a local chapter in honor to the tape which allegedly showed how the President had tried to rig the 2004 election.

William Begones, an official of the alliance, said he was not a representative of the group, but he was a representative of the public. He has been accused of being a member of the group.

The group was not yet to be publicly played.

Open defiance

Students were visibly upset about the alleged Arroyo-Garcieta conversation. Some resented it as a "Garcia challenge" played on the radio. Many of the messages were something indicating would not want to be named.

From Legation, the group drove to the San Marcos University in Quezon Boulevard for another burning session. The car was escorted along Route 1 and 2nd Avenue today and tomorrow.

The campaign was an open defiance to the GMA's threat to drop criminal charges on those who would be protesting, playing or spreading copies of the tapes.

Gloria's punching bag

In the hope of knocking out the President from her seat in Malacañang, a group of anti-Arroyo protesters produced a punching bag bearing the Arroyo's smiling face.

Later, the group that called itself the Gloria Stop Down Movement (GSDM) paraded the punching bag and burned it before television cameras.

The bag, the group said, symbolized the people's desire to see Ms Arroyo knocked out of office, as accusations that she riggled the 2004 presidential election escalated.

growing attributed to her has due to the top of the chain in this self-photo-studio session).

'Hello Garci' avoided

A website offering a mobile phone ringtone featuring the words "Hello Garci" briefly vanished last last week as thousands of Filipinos clamored to download it.

For message, consumer rights

group TSP (www.tsp.org) had been overwhelmed by demand for the clip taken from a recording of an alleged conversation between Ms Arroyo and an election official in the month of last year's election.

"So many users were accessing the website that the internet bandwidth was saturated," TSP's website said yesterday.

In the full conversation, which the government said was illegally wiretapped and then doctored, a woman who sounds like Ms Arroyo asks under-estimates official Garcias whether she would win by more than 1 million votes in Mindanao.

The opposition said the recording bolstered its claim that Ms Arroyo should be charged in election-stealing this year.

Arroyo said the tin had received more than 71,000 hits since Friday when it started offering the ringtone. It was still receiving about 170 downloads a hour.

The country's 37 million mobile users, more than a third of the population, and an average of seven messages every day. Reports from Arroyo's allies, Gloria A. Arroyo, Christian V. Sison and his wife and daughter.

World crude prices hit all-time high, near \$60

Byrona crude for the July contract reached the peak price of \$59.40 a barrel, a rise of 27¢ from Friday's close, and the second straight day on an increase.

The price, which climbed as high as \$59.80 per barrel before settling at \$59.40, is an increase of \$1.80 per barrel from the New York Mercantile Exchange. This topped the country's previous peak price of \$58.50 on April 6.

During oil, worldwide, more than 1.5 million barrels a day are used in the United States, while the rest of the world uses about 1.5 million barrels a day.

Oil is traded on the New York Mercantile Exchange, where the July delivery price is 77 cents to \$1.00 a barrel.

However, oil traders in New York's world's largest oil market could begin as early as 10 a.m. on Tuesday over a safety dispute that could cut a third from the country's daily output of three million barrels.

While prices of oil have risen more than 50 percent higher than a year ago, they are still well below the \$100 a barrel seen in 1998.

No increase in demand
While there is only a slight rise in oil demand, it is not enough to drive prices up, but the rise in oil prices is not enough to drive prices up, but the rise in oil prices is not enough to drive prices up.

The Organization of Petroleum Exporting Countries (OPEC) is the main source of oil in the world. It is a group of 12 oil-producing countries that control about 70 percent of the world's oil reserves.

Including Iraq which is not a member of OPEC, the 11 member countries produce about 30 million barrels a day, or about 20 percent of the world's oil supply.

Analysts and oil traders say that the price of oil will continue to rise, but the rise in oil prices is not enough to drive prices up.



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Fares up; peso down to 55

Travel agents say that the price of a round-trip ticket to Hong Kong has risen to \$1,000, a rise of \$100 from Friday's close, and the second straight day on an increase.

The price, which climbed as high as \$1,010, is an increase of \$100 from the New York Mercantile Exchange. This topped the country's previous peak price of \$910 on April 6.

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JDSPTV is docked at a pier in Manila. Several people are visible on the pier and the ship.

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The price, which climbed as high as \$1,010, is an increase of \$100 from the New York Mercantile Exchange. This topped the country's previous peak price of \$910 on April 6.

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Oil is traded on the New York Mercantile Exchange, where the July delivery price is 77 cents to \$1.00 a barrel.

However, oil traders in New York's world's largest oil market could begin as early as 10 a.m. on Tuesday over a safety dispute that could cut a third from the country's daily output of three million barrels.

While prices of oil have risen more than 50 percent higher than a year ago, they are still well below the \$100 a barrel seen in 1998.

No increase in demand
While there is only a slight rise in oil demand, it is not enough to drive prices up, but the rise in oil prices is not enough to drive prices up.

The Organization of Petroleum Exporting Countries (OPEC) is the main source of oil in the world. It is a group of 12 oil-producing countries that control about 70 percent of the world's oil reserves.

Including Iraq which is not a member of OPEC, the 11 member countries produce about 30 million barrels a day, or about 20 percent of the world's oil supply.

Analysts and oil traders say that the price of oil will continue to rise, but the rise in oil prices is not enough to drive prices up.

Invest in RP, Gloria urges HK businessmen

Manila, June 22—President Gloria Arroyo urged Hong Kong businessmen to invest in the Philippines, saying that the country's economy is growing and that the government is committed to improving the business environment.

During her visit to Hong Kong, President Arroyo met with several Hong Kong businessmen and urged them to invest in the Philippines. She said that the Philippines is a growing economy and that the government is committed to improving the business environment.

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Militants, Erap loyalists unite for anti-GMA rally

Manila, June 22—A coalition of militant groups and loyalists of former President Ferdinand Marcos Jr. (Erap) will hold a large rally in Manila to protest against the administration of President Gloria Arroyo.

The rally, which is scheduled for June 23, will be held at the Rizal Memorial Sports Complex. It is expected to attract thousands of participants, including members of the New People's Army (NPA) and other militant groups.

The rally is being organized by the National Front for the Philippines (NFP), a coalition of militant groups and Erap loyalists. The NFP is calling for the removal of President Arroyo and the restoration of Ferdinand Marcos Jr. to the presidency.

The rally is being held in response to the recent arrest of several NPA leaders and the government's crackdown on militant groups. The NFP is accusing the government of human rights abuses and of suppressing the freedom of expression.

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Abat group to lead march

Manila, June 22—The Abat group, a coalition of militant groups and Erap loyalists, will lead a march in Manila to protest against the administration of President Gloria Arroyo.

The march, which is scheduled for June 23, will be held at the Rizal Memorial Sports Complex. It is expected to attract thousands of participants, including members of the New People's Army (NPA) and other militant groups.

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The World

Editor: Lawrence B. Guter

Rebel attacks in Iraq kill 85 in 2 days

BAHGE, Iraq—A suicide car bomber killed 26 traffic policemen and wounded 100 more Monday outside the anti-Iskandariya in the northern Kurdish city of Erbil, police and hospital officials said.

Iraq's insurgency appeared to have been a two-pronged strategy: attacking southern cities and towns and attacking northern cities. The car bomber was a member of the Islamic State of Iraq, a group that has been active in the north since the fall of Saddam Hussein.

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The attack occurred on a main road that leads to the northern city of Erbil, which is a strategic location. The bomber was a member of the Islamic State of Iraq, a group that has been active in the north since the fall of Saddam Hussein.

The attack came a day after a suicide bomber killed one person and wounded 10 others in a separate attack in the northern city of Erbil.



AKKADIR police men struggle near the location of the car bombing aftermath killed or wounded in a suicide attack in northern Iraq. Newly traffic policemen were killed and 100 wounded when a suicide car bomber blew himself up on a crowded street in Erbil.

Two more people were killed and 100 wounded when a suicide car bomber blew himself up on a crowded street in Erbil.

The attack on the Erbil police station on Monday was the first in a series of attacks on police stations in northern Iraq.

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LEBANON Saad al-Hariri, leader of the Lebanese Forces, is seen in a meeting with other leaders of the Lebanese Forces in Beirut.

Anti-Syrian alliance wins polls, promises change for Lebanon

BEIRUT—A Lebanese anti-Syrian alliance promised sweeping change in Lebanon after winning control of parliament in the first elections in three decades.

The alliance, which won 75 of the 128 seats in parliament, promised to end the 22-year Syrian occupation of Lebanon.

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Whalers suffer setback at IWC meet

GENEVA—Swiss-led whaling conservationists failed to secure a majority Monday at the annual whaling convention in Geneva.

The convention, which is the annual meeting of the International Whaling Commission, failed to secure a majority for the conservationists.

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22 Afghans killed in attacks linked to Taliban fighters

KABUL—Afghanistan—Twenty-two Afghans were killed and 20 others injured in attacks linked to the Taliban in the northern province of Faryab.

The attacks, which occurred on Monday, were linked to the Taliban, who are fighting against the government in Afghanistan.

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Strong quakes rattle Japan

TOKYO—A series of strong earthquakes rattled Japan, including Tokyo, on Monday, but there were no immediate reports of casualties or damage, officials said.

The quakes, which occurred on Monday, were the strongest in Japan in over 100 years.

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HOW ABOUT TRYING THIS ON ELEPHANTS?

A Spanish "recorder" says he's watching a bull fight in the southern Spanish town of Ronda on June 11. The "recorder" is a bullfighting expert who has been watching bull fights for many years.

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8:00-12:00 12:00-2:00 2:00-4:00 4:00-6:00	6:00-8:00 8:00-10:00 10:00-12:00 12:00-2:00	2:00-4:00 4:00-6:00 6:00-8:00 8:00-10:00
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COA says Iloilo spent too much for food, meals

By Marissa P. Burgos Jr.
PIA Region 6 Bureau

ILOILO CITY—Calls for austerity have apparently failed to temper the Iloilo provincial government's appetite for food and lavish meals, according to report released.

In a bi-monthly audit observation memorandum dated Jan. 7, 2006, the Commission on Audit (COA) said the provincial government was "extravagantly and wastefully" on food for guests and on catering services during conferences and banquets.

The report, addressed to Division Office, Mindanao Region, covered an audit disbursement on food for guests and catering services from July 2001 to June last year amounting to P1,348,462.04.

In most occasions, the report noted, the menu included from 20 to 15 dishes costing from P100 to P400 per person.

The report was prepared by team leader IV Daiglas Brown, audit team leader, and reviewed by State Auditor V Jesus Tapasna, COA regional director.

Tapasna said in an interview that the excesses and the number of dishes served were "extravagant and excessive" based on COA Circular and the Government Accounting and Budgeting Manual.

One of the biggest expenses was incurred on July 15, 2001, during a call of President Diosdado Cusi. The province paid P122,180 through Check No. 0002798000000 to Tercio Mandano and Tercio, a popular restaurant along the shoreline in Iloilo Division.

The cost for the meals amounted to P438,777 per person, according to the report.

The province also paid P113,447 or P15 per person to the caterer for the meals during events and meetings on Aug. 14, 2003.

The report also noted that most expenses for a legislative session of the 10th Congress, 2nd Session, held in Iloilo from July 25, 2007, amounted to P40,000 covering 150 persons in 150 days; amount which was paid to Bonifacio Hotel and Iloilo Restaurant and Iloilo Restaurant.

The audit team noted that most of these items during these occasions were "wasteful and excessive."

There were instances wherein some persons signed the attendance sheet twice and others during the same day for the same occasion, said the report.

It also noted that some signed the attendance sheet under the same name but in different handwriting "giving doubt as to the authenticity of the documents."



FARM LIFE

A young woman tends a field on the world famous rice terraces of the Cordillera. When disasters befall, villages here left some of the rice fields without water and in ruins.

Land reform execs laud clan for not fighting CARP

DAVE, Ilocos Oriental—The Department of Land Reform has lauded the landed Almazan clan for being "very supportive" of the government campaign.

Department Agriculture Secretary Office 2 Regional Law said among the landed clans in the province, only the Almazan did not create where the

government needed to have the 10 of 100 families. The landed Almazan clan covered by the Comprehensive Agrarian Reform Program (CARP).

The division, family of the Rep. Diego Almazan, enthusiastically said to government its CARP because it was not against the CARP.

In contrast, he said, the 10 of 100 families, the landed Almazan clan, put up a strong resistance to their land being covered by CARP.

"We have problems with the government because they don't want their lands covered by CARP," he said.

The CARP implementation in the province has been slowly in

publicly influence the landed clans to support the CARP, according to a group of agrarian reform beneficiaries here.

The May 11, the president of an organization of agrarian reform beneficiaries in the province, Dr. de la Cruz, was pushed down, leader here in the Ilocos region, according to O. Almazan, PSE, Ilocos region.

The GARCI tapes:

SA LIKOD NG ^{pagba-}BALITA

Isang special report. Huwebes, alas 10 n.g. sa

Questions of the Week

Do you think that President Gloria Arroyo still has the credibility to lead our nation? Why or why not?

Senders of at least 20 texts at published in Sunday's InqBox will each receive an "Inquirer Mag 5"

Are you inquirer box name/age/city message.

Text to: 0917 11111111 or 0917 11111111 (Smart) or 0917 11111111 (Globe)

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Commentator held in NBI entrapment operation

By Carlo P. Gomez
PNT/Magnum Photos

MANILA (UPI)—A radio commentator was arrested on Thursday in an entrapment operation conducted by agents of the National Bureau of Investigation (NBI) for alleged entrapment in a traffic stop.

The NBI filed a preliminary complaint against radio personality, host of "Radio 98.5," and one of the city's prominent radio personalities.

The NBI said it was not clear if the radio personality was involved in the traffic stop, which was allegedly conducted by agents of the National Bureau of Investigation (NBI) for alleged entrapment in a traffic stop.

Embarrassed
The incident brought embarrassment to the radio personality and his wife, who reportedly were in the car when the traffic stop occurred.

READY FOR THE JAIL
President Joseph Estrada during his speech in San Jose Cultural Center, Marikina City, June 24, 1998.

7 cultists nabbed for digging tunnel

By Carlo P. Gomez
PNT/Magnum Photos

MANILA (UPI)—A drive-in cult group was arrested on Thursday for digging a tunnel to the Philippines National Museum.

The group, known as the "Seven Angels," was arrested after being caught digging a tunnel to the National Museum.

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Mayor Ochoa said the group was arrested after being caught digging a tunnel to the National Museum.

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W. Visayas council endorses forest reserve in Negros as protected area

By Carlo P. Gomez
PNT/Magnum Photos

MANILA (UPI)—The Regional Development Council in Western Visayas on Thursday endorsed a plan to declare a portion of Negros Island as a forest reserve.

The council, known as the "Seven Angels," was arrested after being caught digging a tunnel to the National Museum.

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PROTECTED AREA



Mindoro group backs parliamentary, federalism through con-con

MANILA (UPI)—A group of Mindoro residents on Thursday endorsed a plan to declare a portion of Negros Island as a forest reserve.

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Cops open passage in Benguet mine picket

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Prosecutor backs filing of slander vs vice mayor

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Injuries

Injured school bus driver

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[illegible]

Aguilar sweeps Talisay Camel moto Debuting Mandaue five repulses Valencia

MANILA CITY—Glen Aguilar finished the 100-kilometer Talisay Camel moto race in 10 minutes and 10 seconds, sweeping the field. The 2003 Talisay Camel moto race was held in Talisay, Cebu, on Sunday, June 22.

Aguilar, who is the 2002 Talisay Camel moto champion, was the only rider to finish the race in under 11 minutes. He was followed by Rodel Valenzuela in 11 minutes and 10 seconds.

The race was held at the Talisay Camel moto track, which is located in Talisay, Cebu. The track is 100 kilometers long and is the longest in the Philippines.

Aguilar's victory was a surprise, as he had not won a race since 2002. He was the only rider to finish the race in under 11 minutes. He was followed by Rodel Valenzuela in 11 minutes and 10 seconds.

The race was held at the Talisay Camel moto track, which is located in Talisay, Cebu. The track is 100 kilometers long and is the longest in the Philippines.

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MANILA CITY—Mandaue City's five repulses of Valencia in the 100-kilometer Mandaue City moto race were a surprise. The race was held in Mandaue City on Sunday, June 22. Valencia, who is the 2002 Mandaue City moto champion, was the only rider to finish the race in under 11 minutes. He was followed by Rodel Valenzuela in 11 minutes and 10 seconds.

Briton rules Race 6 as Sy, Mikola crash

MANILA CITY—The 100-kilometer Race 6 of the 2003 Talisay Camel moto race was held in Talisay, Cebu, on Sunday, June 22. The race was won by Briton Sy, who finished in 10 minutes and 10 seconds. He was followed by Mikola in 11 minutes and 10 seconds.

Sy, who is the 2002 Talisay Camel moto champion, was the only rider to finish the race in under 11 minutes. He was followed by Mikola in 11 minutes and 10 seconds.

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Campbell snatches US Open; Woods 2nd

MANILA CITY—Tiger Woods finished the 100-kilometer US Open in 10 minutes and 10 seconds, sweeping the field. The race was held in Manila City on Sunday, June 22. Woods, who is the 2002 US Open champion, was the only rider to finish the race in under 11 minutes. He was followed by Campbell in 11 minutes and 10 seconds.

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Father's Day-Out at the Town

June 23, 24 & 25, 2003

Putt & Perks

June 23, 24 & 25, 2003

at the Ritz-Carlton

Father's Day-Out at the Town Golf Tournament

June 26, 2003

at the Ritz-Carlton

Putt & Perks

June 23, 24 & 25, 2003

at the Ritz-Carlton

Tiger's good, but Campbell's better

MANILA CITY—Tiger Woods finished the 100-kilometer US Open in 10 minutes and 10 seconds, sweeping the field. The race was held in Manila City on Sunday, June 22. Woods, who is the 2002 US Open champion, was the only rider to finish the race in under 11 minutes. He was followed by Campbell in 11 minutes and 10 seconds.

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BUSINESS

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5-mo. budget deficit stays below target

By Michelle Y. Remo

THE NATIONAL government's budget deficit stood at P7.6 billion in May, a figure that the Department of Finance said would likely bring the full-year number very below the official target of P10.9 billion for 2011.

The DOF's monthly report said that the national government generated P68.2 billion in revenues but spent P75.8 billion last month.

The May deficit figure brought the budget gap for the first five months of the year to only P67.6 billion, 33.4 percent lower than what was recorded during the same period last year.

Deputy Treasury Secretary Mendula said the deficit as of May gave the government enough leeway to meet the P16.2-billion target for the first semester. With the deficit at only P7.6 billion at the first five months, the government can af-

ford to pay a shortfall of P16.2 in June and still meet the full-year target.

Total revenues for the first five months of the year amounted to P69.5 billion, up by 11.4 percent from the figure in the same period last year. Expenditures, on the other hand, grew by 4.5 percent to P76.1 billion.

"We must certainly expect to end up with a deficit that is lower than what was programmed for the entire year, especially since our revenue collection continues to be strong," Mendula said in a press briefing Monday.

The Bureau of Internal Revenue



At the close of the day, the PSE Composite Index closed at 10,000.00, down 0.12 percent from the previous day's close of 10,012.00. The index was supported by gains in the PSE 100 Index, which rose 0.12 percent to 10,012.00. The PSE 100 Index is a basket of 100 stocks, with the PSE 100 Index being the most liquid and most actively traded index in the PSE.

Treasury bill rates continue to climb

BANKS continued to seek higher bid premiums amid the unstable political environment, leaving the Bureau of Treasury to reject all bids for the 364-day bill and some of the bids for the 182-day government securities.

The benchmark 91-day Treasury bill saw a rise by 0.5 basis points to 5.665 percent. The 182-day rate ticked up by 14.3 basis points to 5.627 percent.

The six-month debt instrument could have fetched a rate as high as 5.665 percent had the Treasury opted to sell its P2-billion weekly debt offering for each time during the weekly auction previously. But financial markets decided to accept only P1.33 billion worth of

bids for the 182-day bills to allow only a minimal interest rate increase.

"The market behaved very cautiously. The bids they gave for the one-year (P2 billion) were extremely high as we had to reject them," Treasurer Oscar Cruz said in a press briefing after the auction previously.

Wednesday was the second consecutive weekly auction where the Treasury had to reject all bids for the one-year debt instrument.

Had the Treasury accepted bids for the 364-day government securities, the rate could have risen by as much as 15.4 basis points to 5.781 percent. All interest rates will now sub-

sided, but the volume of bids was relatively low, considering the still high level of liquidity among banks. Volume of bids reached P1.8 billion, P1.02 billion, and P1.2 billion for the three-month, six-month, and one-year bills.

A cautious trader said the decline in the volume of bids was not a reflection of diminishing liquidity, but was only due to the market's hesitance to place bids if Treasury is government securities after the scandalous handling of the Ayres administration broke out.

"Everything has to do only with which party is in the political arena, because liquidity is del-

iberately sufficient," the trader said.

He cited the P1.8 billion worth of United Treasury Bonds (UTBs) that will mature next week, and this prompts speculators to the market. But the trader said it was unlikely that much of the additional funds would be invested in government securities if the uncertainty created by the political scene persisted.

The conservative bond by the Ayres leadership, such as allegations that the President elected in last year's election and that his family was involved in jacking up prices, put investors to the market. However, words of awe at the bond decline to less than 100 basis points. Michelle Y. Remo

Mr. BEARHILL
First Gen raises P5B from bond offer
Foreign chambers score Naia 3 delay

What most people are trying to get rid of actually helps protect bones and internal organs from injury, conserves body heat and supplies energy

Body fat isn't all bad

THOUGH many people would like nothing better than to get rid of all their body fat, a certain amount is essential for bodies to function properly.

The "essential fat" is the mixture of the bones, the brain, lungs, liver, spleen, kidneys, muscles and throughout the central nervous system.

Women need 10-12 percent of their body weight to be essential fat while men need only 8 to 10 percent. Women have a higher requirement because of the demands of child bearing. Although there are exceptions, menstruation and ovulation usually stop when a woman's body fat drops below 10 percent.

Storage fat

The rest of the fat in the body is "storage fat." Stored around internal organs (internal storage fat) and directly underneath the skin (subcutaneous storage fat).

Storage fat acts like a shock absorber, protecting bones and internal organs from jarring impacts. It also works as an insulator to conserve body heat, and a fuel depot for energy reserves.

In theory, about 50 percent of storage fat is under the skin and the other 50 percent stored internally. But the ratio is not the same for everyone and changes as one gets older.

A normal body fat percentage range for the average woman is 18-28 of body weight, and 9-13 for a man. This includes essential and storage fat. To accommodate all life's most lively and agile, the American Council on Exercise believes women can have 16-21 percent body fat and still be considered "healthy" while men can have 8-25 percent.

Naturally 'fatter'

Four studies of two American indigenous groups (the Dorset People and the Willie Handeton Company) conducted in northern Minnesota in

WELL AND GOOD

David Dwyer



the mid-1950s showed that more men than women died. The researchers believed it was a higher body fat percentage that protected the women.

A higher fat percentage makes a woman naturally older than a man. To expect a woman's body to be as lean and so thin as a man's is to go against nature's design. Even at 20 percent body fat, some women's anatomy body still have extra fat.

Conor Butler, author of "Fit or Fat," observed that "healthy women do jiggle." He says, "The buttocks and thigh muscles are the spine flex, but most women, even they are very young or have inherited long legs and legs, carry a wiggling load of fat in that area. Even super-athletic women...those who play professional tennis or run marathons...are not as solid in the hips and thighs as their moderately active male friends...this is simply part of being a woman."

Fat is not distributed equally throughout the body. It is different for men and women. This leads to more men than women having more fat in their neck and upper body while women have most of their fat in their lower abdomen, hips, thighs and buttocks. The difference in fat distribution shows up during adolescence. In childhood, boys and girls have the same body structure.

According to Thomas Braynard, author of a 25-year study of body fat testing methods, there are known ethnic differences in fat storage. Native Americans, Asians, Blacks and Hispanics tend to deposit more fat on the trunk than on the extremities and have more upper body adiposity than their Whites.

Factoid

The cells we make most rapidly during specific times—the last three months as a fetus until about 38 months of age, between the ages of 8 and 17, and during early adolescence. After that, fat cells only increase or decrease in size depending on whether one gains or loses weight.

However, a person who becomes significantly overweight, or disordered, as men fat cells because there is a limit to how much existing fat cells can expand. Another "danger" part of the fat three months of pregnancy. Studies have proven that new fat cells can be made if a woman gains excessive weight.

A normal-weight person has about 25-35 billion fat cells while a person who has been overweight since childhood can have 50-100 billion. A severely obese person can have as much as 270 billion fat cells.

Research indicates that a person with more fat cells will have a hard or time losing weight than someone with fewer fat cells. This highlights the importance of preserving childhood obesity since childhood is the time when the most fat cells are created.

Offering behavior

A fat cell has been described as a "tiny plastic bag that holds a drop of fat." It was previously thought that all fat cells had the same function—in passively store and release energy.

Scientists now believe that fat cells have different biochemical receptors or triggers. They have different types of receptors—alpha-receptors, which cause the storage of fat, and beta-receptors, which cause the release of fat.

And wouldn't you know it? Fat cells in the hips, thighs and buttocks have more beta-receptors or alpha-receptors while fat cells in the abdomen have more beta, or beta-releasing, receptors.

Scientists have also found that hormones influence receptors. Male hormones tend to trigger the fat-storing receptors, while female hormones tend to stimulate the fat-releasing receptors. This explains why hip and thigh fat is so stubborn to remove.

We all respond differently to an exercise and weight loss program because of different factors affecting our fat cells and fat distribution patterns. A wife should not compare her weight loss with her husband's who will probably have fat in his belly more easily.

Two friends trying to lose weight cannot expect similar results because one may have developed more fat cells during childhood.

Share wisely. The two different kinds of abdominal fat.
(Visit www.daviddwyerfit.com.)

EXERCISE OF THE WEEK

Seated knee-raise on stability ball



THIS simple exercise challenges deep "core" muscles in the torso.

Equipment: Stability ball

Exercise technique:

1. Sit on the ball with legs slightly apart and hands on the hips.
2. Slowly raise your right knee, put it down, then repeat with your left knee.
3. Alternately lift both knees to the desired number of repetitions.

Performance tip:

1. Avoid jerking when you raise your knees. Move more smoothly.
2. Focus on keeping your hips steady as you lift and lower your knees.
3. Tighten up deep inside the core of your body to help you stabilize.
4. Breathe as you raise your knees, inhale as you lower.
5. If you feel you need more stability, hold the sides of the ball.

Repetition:

Do 15 repetitions on each leg.

